

FARMERS' MARKETS: FIVE REASONS TO VISIT



Catholic bishops hold a special place for agriculture "because it touches all our lives, wherever we live or whatever we do. It is about how we feed our own families, and the whole human family. It is about how we treat those who put food on our table and those who do not have enough food. It is about what is happening to food and farming, rural communities and villages, in the face of increasing concentration, new technology, and growing globalization in agriculture." *USCCB: Pastoral Reflections on Food, Farmers, and Farmworkers*

We can live without industry but we cannot live without agriculture.

We see agriculture at its best at our Farmers' Markets.

Here are five reasons to shop at your Farmers' Market:

- 1) Oh the fresh, nutritious and organic foods you can find there!
- 2) Farmers' markets enable farmers to keep approximately 80 cents of each dollar spent by the consumer. By "Option for the Poor" the U.S. Bishops apply the basic moral test-how our most vulnerable members are faring-and "extend in a special way to those who work in agriculture... Those who farm must have decent wages and a decent life."
- 3) Farmers' Markets help farmers stay in business. Catholic teaching about the "Dignity of Work" insists that farmers must be able to support themselves and their families through their work. Buying local essentially supports your local economy—the farm.
- 4) At the Farmers' Market you can create a special relationship by talking with the local farmer. Food systems, or supply chains, generally include the grocer as the middleman. "When we go to the supermarket, we rarely think about where our food comes from, who produces it, who harvests it, or what it takes to process, package, and distribute it [food systems]." *USCCB: Pastoral Reflections on Food, Farmers, and Farmworkers*
- 5) Some Farmers' Markets accepts WIC and SNAP. This means that more Oregonians can access healthy, fresh, affordable, sometimes organic, locally-grown food. Without Farmers' Markets the cheapest foods are often highest in calories and lowest in nutrition but the cheapest foods are what are available when you try to stretch your food stamps (SNAP and WIC).

All five of these reasons are apparent when you shop at the [Forest Grove Farmers Market](#). Once a Catholic Campaign for Human Development program of [Adelante Mujeres](#), it is now its own viable economic institution.

Adelante Mujeres helps dozens of Spanish-speaking immigrant families develop the knowledge and skills necessary to operate a sustainable farming business. Adelante Agricultura is 22 weeks of classes and trainings to provide lower-income Latino immigrant farmers and farm workers with the training and skills necessary to farm using organic and sustainable methods and to successfully market their produce.

Graduate farmers of Adelante Agricultura learn to manage their own small farming business and can work collectively with the other farmers to grow produce which they sell directly to the consumer at the Forest Grove Farmers Market.

The food is excellent!



Office of Life, Justice, and Peace